

# 20 YOGA POSES FOR BEGINNERS

1. Mountain



2. Chair



3. Tree



4. Half Forward Fold



5. Easy Seat



6. Spinal Twist



7. Hero



8. Child's Pose



9. Cow Pose



10. Cat Pose



11. Down Dog



12. Plank



13. High Lunge



14. Triangle



15. Warrior I



16. Warrior II



17. Baby Cobra



18. Locust



19. Corpse Pose



20. Low Lunge



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**Ensheng Dong**



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